

CEC

COMMUNITY & ENRICHMENT CENTER
WEEKLY NEWSLETTER
SEPTEMBER 17, 2021

PROVEN BENEFITS OF CHIA SEEDS

Chia seeds are among the healthiest foods on the planet. They're loaded with nutrients that can have important benefits for your body and brain.

RECIPE: MIXED BERRY SMOOTHIE BOWL

This Mixed Berry Smoothie Bowl is creamy, delicious and super EASY to make with a variety of fun toppings and fresh fruit!

ONLINE CLASS: BALANCE/STRENGTH

Activate the joints and muscles to become limber and increase balance during this exercise class. Have your dumbbells, water bottles, soup cans or towels ready to use for resistance.

WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus our September Meet and Eat Schedule

PROVEN HEALTH BENEFITS OF CHIA SEEDS

Chia seeds are among the healthiest foods on the planet. They're loaded with nutrients that can have important benefits for your body and brain. Here are 11 health benefits of chia seeds, supported by science.

Source: [Healthline.com](https://www.healthline.com/nutrition/11-health-benefits-of-chia-seeds)

Chia Seeds Deliver a Massive Amount of Nutrients With Very Few Calories.

A one-ounce (28 grams) serving of chia seeds contains (1):

- Fiber: 11 grams.
- Protein: 4 grams.
- Fat: 9 grams (5 of which are omega-3s).
- Calcium: 18% of the RDI.
- Manganese: 30% of the RDI.
- Magnesium: 30% of the RDI.
- Phosphorus: 27% of the RDI.
- They also contain a decent amount of zinc,
- vitamin B3 (niacin), potassium, vitamin B1 (thiamine) and vitamin B2.

This is particularly impressive considering that this is just a single ounce, equalling 28 grams or about two tablespoons. This small amount supplies only 137 calories and one gram of digestible carbohydrate.

Chia Seeds Are High in Quality Protein. By weight, they're about 14% protein, which is very high compared to most plants. They also have a good balance of essential amino acids, so your body should be able to make use of their protein content. Protein has various health benefits and is by far the most weight loss friendly dietary nutrient. A high protein intake lowers appetite and has been shown to reduce obsessive thoughts about food by 60% and the desire for night time snacking by 50% Chia seeds really are an excellent protein source — especially for people who eat little or no animal products.

Chia Seeds Are High in Omega-3 Fatty Acids. Like flaxseeds, chia seeds are very high in omega-3 fatty acids.

In fact, chia seeds contain more omega-3s than salmon, gram for gram. However, it's important to keep in mind that the omega-3s in them are mostly ALA (alpha-linolenic acid), which is not as beneficial as you may think. ALA needs to be converted into the active forms eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) before your body can use it. Unfortunately, humans are inefficient at converting ALA into these active forms. Therefore, plant omega-3s tend to be vastly inferior to animal sources like fish oil.

For more benefits of chia seeds read the full article at [Healthline.com](https://www.healthline.com/nutrition/11-health-benefits-of-chia-seeds).

Mixed Berry Smoothie Bowl

This Mixed Berry Smoothie Bowl is creamy, delicious and super EASY to make with a variety of fun toppings and fresh fruit!



Ingredients

- ½ cup unsweetened almond milk, plus more as needed
- ¼ cup plain greek yogurt
- ½ banana, Frozen
- 1 cup mixed berries, frozen
- Granola, chia or flax seeds, nuts, etc. for topping.

Directions

1. In a blender, add all ingredients and blend
 2. Pour in a bowl and add your favorite toppings
 3. Enjoy!
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BALANCE/STRENGTH

Date & Time

Thu September 23 | 7:00am–8:00am MDT

Location

Online

Description

Activate the joints and muscles to become limber and increase balance during this exercise class. Have your dumbbells, water bottles, soup cans or towels ready to use for resistance. Trainer: Mary Breyette, Executive Director of Cornell Cooperative Extension of Clinton County

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/853133798>

Meeting ID: 853 133 798



WHAT'S HAPPENING?



SPAGHETTI SUPPER

Join us on September 20th from 5-7pm for a Spaghetti Supper fundraiser for the Senior Center. Adults \$5, kids 12 and Under \$3.

MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT SEPTEMBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

SEPTEMBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu may change due to availability of food items or conditions that cause the kitchen to close. Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal. If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.	SAVORY BAKED CHICKEN MASHED POTATOES W/ GRAVY GREEN BEANS W/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE SENIOR MEETING 12:00 Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg	CHOICE: CHICKEN SALAD TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE Calories: 610 Carb: 97.5g Fib: 11.0g Protein: 29.3g Fat: 13.8g Sod: 881mg	SOUTHERN BEEF PIE BEETS CABBAGE TOSS PEAR SLICES BROWNIES Calories: 626 Carb: 86.7g Fib: 9.5g Protein: 30.0g Fat: 20.7g Sod: 485mg
 Happy Labor Day	TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD BIRTHDAY RECOGNITION Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg	CHICKEN CROISSANT TUSCANY SOUP SPINACH CAULIFLOWER SALAD PINEAPPLE TIDBITS Calories: 760 Carb: 105.6g Fib: 10.2g Protein: 38.9g Fat: 22.7g Sod: 902mg
	SPAGHETTI W/ MEAT SAUCE MARINATED VEGGIE SALAD GARLIC BREAD PLUMS COOKIE W/ CHOCOLATE CHIPS Calories: 693 Carb: 94.2g Fib: 11.3g Protein: 33.6g Fat: 23.8g Sod: 586mg	CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES W/ BANANAS Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg	POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD FRUIT CUP NATRUE COOKIE Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg
SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg	TAHITIAN CHICKEN BROWN RICE BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE Calories: 797 Carb: 98.0g Fib: 9.7g Protein: 45.9g Fat: 26.8g Sod: 449mg	SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP Calories: 694 Carb: 98.3g Fib: 9.7g Protein: 33.4g Fat: 21.6g Sod: 646mg	ROAST PORK MASHED POTATOES W/ GRAVY CONFETTI COLESLAW GREEN BEANS ALMONDINE WW ROLL APRICOT HALVES BUTTERSCOTCH BROWNIE Calories: 844 Carb: 116.0g Fib: 10.1g Protein: 35.1g Fat: 29.3g Sod: 1259mg	CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES W/ BANANAS Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION DILL PICKLE CHIPS PEAR SLICES Calories: 685 Carb: 83.9g Fib: 12.5g Protein: 44.9g Fat: 21.5g Sod: 795mg	LASAGNA TOSSED SALAD W/ DRESSING PEAS GARLIC BREAD APPLESAUCE Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg	CHOICE: HAMBURGER STEAK BAKED FISH HERBED LENTILS AND RICE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg	PENNE & CHEESE APPLE CARROT RAISIN SALAD BRUSSEL SPROUTS WW ROLL FRUIT SALAD Calories: 716 Carb: 98.9g Fib: 12.3g Protein: 31.7g Fat: 25.5g Sod: 716mg	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.